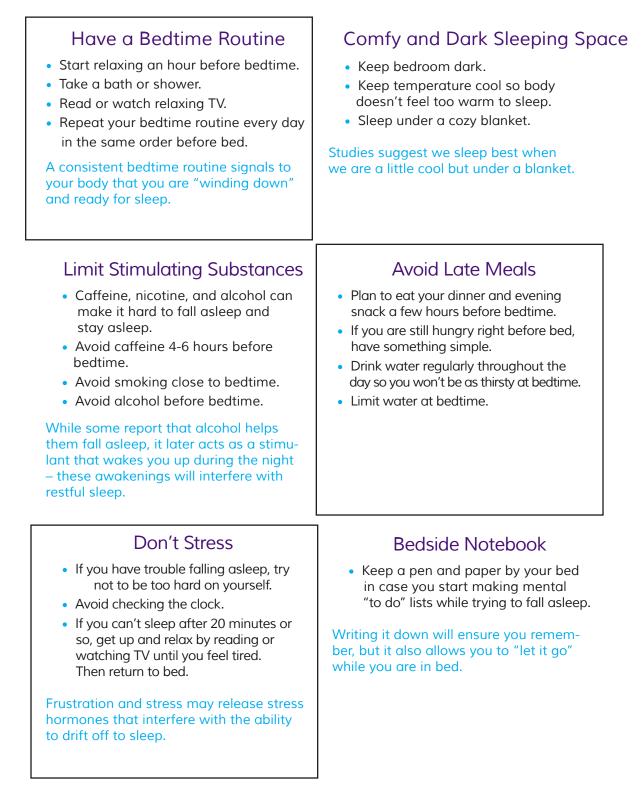


## Tips for Sleeping for Survivors of Trauma and Loss





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<ul> <li>Peaceful Thoughts</li> <li>Use your senses to focus on the current moment: what do you hear, what does your body feel like on the bed, what can you smell?</li> <li>If you are struggling with loss and missing someone, try repeating a peaceful mantra such as: "They are at peace, let me know a sense of peace."</li> <li>At night, if you "catch" yourself replaying your tragedy, try to identify what or whom you are grateful for.</li> <li>Many survivors who are on their journey to healing report that finding simple things in their life to be grateful for can refocus painful dwelling on negative events and loss.</li> </ul>	<section-header><section-header><list-item><list-item><list-item></list-item></list-item></list-item></section-header></section-header>
<ul> <li>Beds are for Sleeping</li> <li>Use your bed for sleeping only.</li> <li>Eat, work, and watch TV in other spaces.</li> <li>Allow your brain to register that when you are in bed, you are there just to relax and sleep</li> </ul>	Avoid Naps • If you feel like you must nap, keep it short (about 20 minutes). • Try not to nap after 3:00 P.M. While your body and mind may feel exhausted, naps can interfere with your nighttime sleep. This is part of setting your internal clock.
Exercise Earlier in the Day <ul> <li>Exercising regularly can help improve sleep, but exercising right before bed can keep you awake.</li> </ul> When you exercise, your brain releases chemicals that need time to be pro- cessed. This can make it hard to fall asleep if you exercise too close to bed- time	<ul> <li>Get Moving in the Morning</li> <li>Do your best to get out of bed as soon as you wake up.</li> <li>Allow natural light to come into your room.</li> <li>Try not to overthink your day. Focus on one simple task at a time: brush teeth, have breakfast, get dressed, and so on.</li> <li>Some days it may be hard to get out of bed but doing so will help to set your inter- nal clock so you sleep well the next night</li> </ul>